



Every “someday” begins with a story.

Is your someday about better health, less stress, or more energy? Pelago can help make it a reality. Someday starts now.

FROM OUR MEMBERS:

**Real stories,
real change**



“I’ve been able to turn a lot of my bad habits around. I feel more energized and happier.”

– Jay



“I remain smoke-free for over 30 days — it’s the first time I’ve done that in 20 years of smoking.”

– Theresa



“The program takes a holistic look at your life. It allows you to step back and view your goals and priorities — and how your habits fit in.”

– Danielle

Find the right program for you:



Alcohol



Tobacco and nicotine



Opioid

How Pelago works



24/7 confidential support anytime, anywhere



A personalized plan to quit, cut back, or better understand how your habits affect your health and well-being



Proven tools to track progress, practice mindfulness, and build valuable skills



A compassionate care team empowering you along the way

See who's eligible and what it costs

Pelago is available at no cost to you and your eligible dependents.

SCAN ME!



Get started today

Scan the QR code or visit **pelago.health/bbu** to see what's possible.

"For the tobacco surcharge – salaried and non union hourly associates are tested for tobacco use during our annual Wellness Screening. Associates who test negative for tobacco use receive a \$360/year discount on their medical plan premiums. An associate who tests positive for tobacco use will have until 7/31/25 to complete the Pelago program to receive a \$360 refund on their medical premiums. Please note, if an associate does not participate in the Wellness Screening they will not receive the refund if they complete the Pelago Program. This process also does not apply to union associates."